

Aquatics Schedule

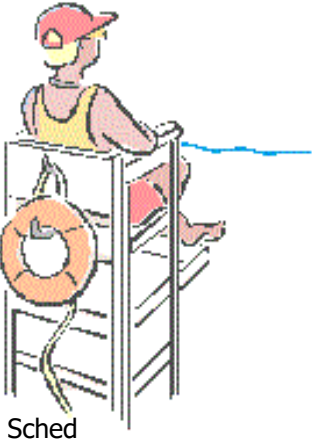
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Closed	Closed	Closed	Closed	Closed
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All children 7 years old and under and less than 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

**You can fill this chair
this summer?**

Lifeguard Training Class

- The successful Applicant must:
- ◆ Be at least 15 years old
 - ◆ Be able to swim 300 yards, non stop, using front crawl and breast stroke
 - ◆ Swim to deepest end of the pool and retrieve a 10 pound object and return to staring point
 - ◆ Tread water for two(2) minutes using legs only
 - ◆ Pass written test with 80% or better



Woodland NRRC
9206 Woodland Ave.
216-664-4124

WEIGHROOM	Mon - Fri	12pm-7:30pm	Ages 18+
	Sat	10am-5:30pm	Ages 18+
After school meals	Mon - Sat	3pm -4pm	Ages 8-18
Intro o Exercise	Mon & Wed	4pm-3mp	Ages 18+
Intro to Basketball	Tue & Thru	4pm-5pm	Ages 18+
In house BBall league	Mon & Tue	5pm-7:30pm	Ages 8-15
PIO Programs			
Get that Grove on	Tue	6pm -7pm	
Senior Programs			
Bingo in the Afternoon	Mon	12pm-2pm	
Cards at High Noon	Tue	12pm-2pm	

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm - 3:00pm	12:00pm - 3:00pm	12:00pm - 3:00pm	12:00pm - 3:00pm	12:00pm - 3:00pm	10:00am – 2:00pm
Adult Open Gym Ages 18 +	Adult Open Gym Ages 18 +	Adult Open Gym Ages 18 +	Adult open Gym Ages 18 +	Adult open Gym Ages 18 +	Open Gym Adults Ages 18 +
3:00pm - 3:45pm	3:00pm - 3:45pm	3:00pm - 3:45pm	3:00pm - 3:45pm	3:00pm - 3:45pm	2:00pm-3:00pm
Introduction to Exercise Ages 18+	Introduction to Basketball Ages 18+	Introduction to Exercise Ages 18+	Introduction to Basketball Ages 18+	Open Gym Ages 15 –18	Open Gym Ages 8-17
5:00pm-6:00pm In house basket ball League Ages 8 –12	5:00pm-6:00pm Dodge Ball Ages 8 –12	5:00pm-6:00pm In house basketball league Ages 8-12	5:00pm-6:00pm Dodge Ball Ages 8– 12	5:00pm-6:00pm Kick Ball Ages 8-12	3:00pm—5:30pm Family Gym Ages 8+
6:00pm-7:30pm In house basketball league Ages 13-15	6:00pm-7:30pm Kick Ball Ages 13-18	6:00pm-7:30pm In house basketball League Ages 13-15	6:00pm-7:30pm Family Gym Ages 8+	6:00pm –7:30pm Family Gym Ages 8 +	5:30pm Closed

